

## ND - Neurological Disorder

### **ND-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan.
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Emphasize that patients with neurological disorders should not use a sweat lodge alone due to risk of falling or other injury. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

### **ND-DP      DISEASE PROCESS**

**OUTCOME:** The patient and/or family members will understand the patient's neurological disease process.

**STANDARDS:**

1. Review the anatomy and physiology of the nervous system as it relates to the patient's disease process and its relationship to the patient's activities of daily living.
2. Discuss the pathophysiology of the patient's neurological disorder and how it may affect function and lifestyle.

### **ND-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will understand and demonstrate (when appropriate) proper use and care of medical equipment.

**STANDARDS:**

1. Discuss indications for and benefits of prescribed medical equipment to be used during the hospital stay and/or at home after discharge.
2. Discuss and/or demonstrate proper use and care of medical equipment; participate in return demonstration by patient/family.
3. Emphasize safe use of equipment.

**ND-EX      EXERCISE**

**OUTCOME:** The patient and/or family members will understand the importance of exercise in enhancing physical and psychological well-being.

**STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

**ND-FU      FOLLOW-UP**

**OUTCOME:** The patient and/or family will understand the importance of follow-up in the treatment of neurological disorder.

**STANDARDS:**

1. Discuss the importance of routine follow-up by the primary provider, social services, physical therapy, mental health services, registered dietician and community health services.
2. Assess the need for any additional follow-up and make the necessary referrals.
3. Explain that most patients with neurological disorders will need help with medical decision making and encourage them to sign authorizations to share medical information with family members and/or caregivers. **Refer to AF-CON.**

**ND-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about neurological disease.

**STANDARDS:**

1. Provide the patient/family with literature on neurological disease.

2. Discuss the content of the literature.

**ND-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient and/or family members will understand what lifestyle adaptations are necessary to cope with the patient's specific neurological disorder.

**STANDARDS:**

1. Assess the patient's and family's level of acceptance of the disorder.
2. Refer to Social Services, Mental Health, Physical Therapy, Rehabilitative Services, and/or community resources as appropriate.
3. Review the lifestyle areas that may require adaptations: diet, physical activity, sexual activity, bladder/bowel habits, role changes, communication skills and interpersonal relationships.
4. Refer to occupational therapy as indicated for assistance with activities of daily living.

**ND-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation

**ND-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.

- b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**ND-N NUTRITION**

**OUTCOME:** The patient and/or family members will understand what dietary modification may be necessary for a patient with a neurological disorder.

**STANDARDS:**

1. Review the feeding technique appropriate for the patient.
2. Identify problems associated with feeding a neurologically impaired patient:
  - a. Motor impairment: Feeding may take more time, swallowing may be difficult and aspiration is a risk.
  - b. Sensory impairment: Loss of taste. Inability to sense temperature may result in burns.
  - c. Refer to a registered dietitian as appropriate.
3. Consider referral to Social Services for help in obtaining equipment and home health services.

**ND-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the importance of appropriate management of pain.

**STANDARDS:**

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Explain that neuropathic pain may be significant and needs to be discussed with the medical provider.
3. Explain that the use of over the counter medications for chronic pain management needs to be assessed by the medical provider to minimize risk to kidney function.
4. Explain that all chest pain must be evaluated by the medical provider to rule out the possibility of myocardial infarction.

**ND-S SAFETY AND INJURY PREVENTION**

**OUTCOME:** The patient and/or appropriate family member(s) will understand the importance of injury prevention and implement safety measures.

**STANDARDS:**

1. Explain to patient and family members the importance of body mechanics and proper lifting techniques to avoid injury.
2. Assist the family in identifying ways to adapt the home to improve safety and prevent injuries, e.g., remove throw rugs, install bars in tub/shower, secure electrical cords.
3. Stress importance and proper use of mobility devices (cane, walker, wheel chair).

**ND-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, including indications and impact on further care.

**STANDARDS:**

1. Explain the test ordered and collection method.
2. Explain the necessity, benefits and risks of the test to be performed, as applicable, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation and instructions for the test.
5. Explain the meaning of the test results, as appropriate.

**ND-TX TREATMENT**

**OUTCOME:** The patient/family will understand the treatment options that may be used to treat the neurological disorder.

**STANDARDS:**

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options.
2. Discuss the treatment plan, including lifestyle adaptation, pharmacologic, surgical, and psychosocial aspects of the treatment plan.
3. Discuss the importance of fully participating in the treatment plan, including scheduled follow-up.